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Tuesday, October 23, 2012

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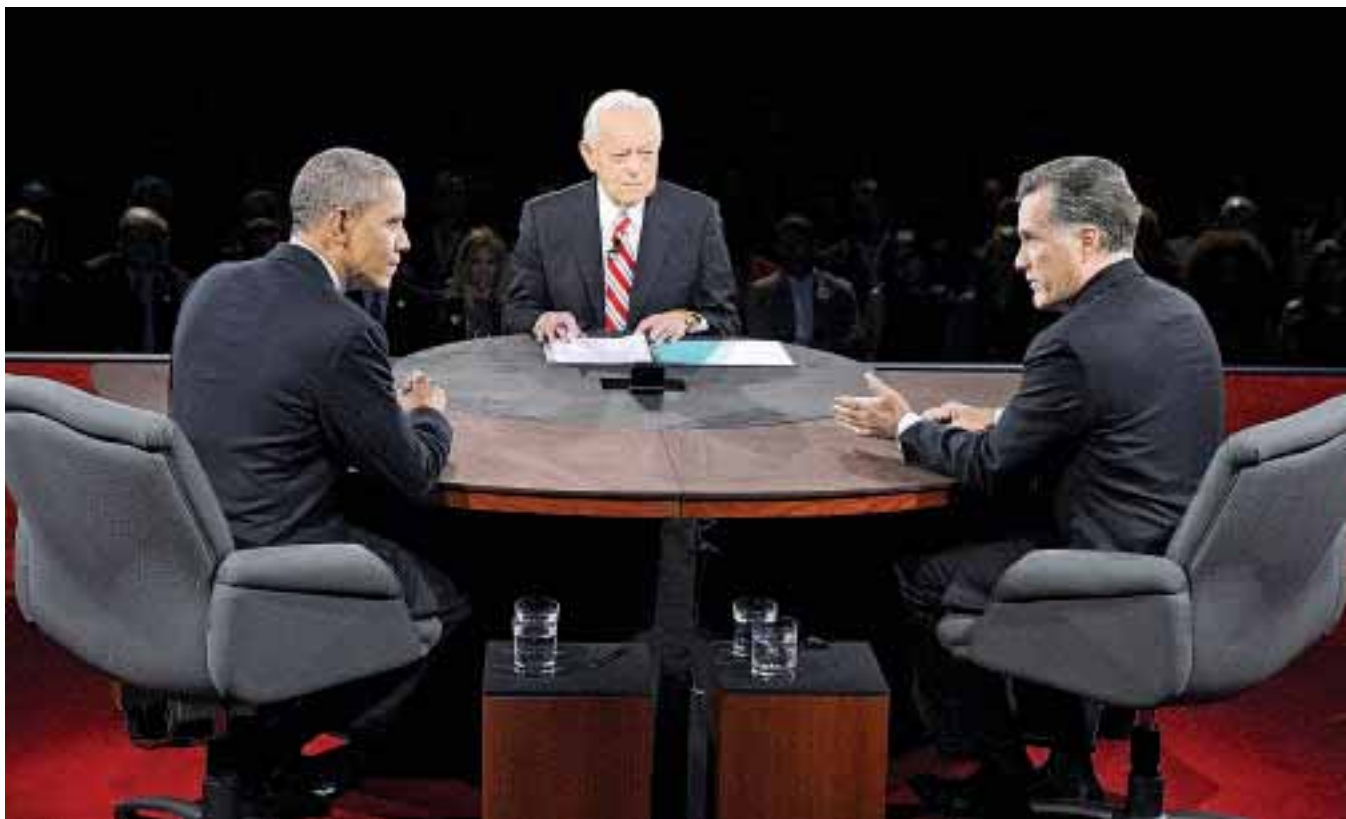
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FINAL SHOWDOWN

U.S. President Barack Obama and moderator Bob Schieffer listen as Republican presidential nominee Mitt Romney speaks during the third presidential debate at Lynn University in Boca Raton, Fla., Monday.
See story on page 7. For more on the final debate before the Nov. 6 election, visit metronews.ca. MICHAEL REYNOLDS/THE ASSOCIATED PRESS

Disraeli bridges project update

New pedestrian and cyclist
bridge to be ready by next
summer, official says

PAGE 3

U.K. terror trial begins

Suspects accused of plotting
to set off multiple bombs in
terrorist strikes

PAGE 8

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PAGE 17



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Taken off life-support

**Regent Avenue
stabbing victim
dies in hospital;
likely to be treated
as a homicide**

CBC Manitoba is reporting a man who was stabbed on Regent Avenue on Friday has died.

The victim's mother confirmed to CBC that Tony Sorokowski, 50, was taken off life-support Monday afternoon.

Sorokowski was stabbed in the throat on Friday morning. Winnipeg police said a man he had invited to his home in Transcona after meeting him at a local bar was asked to leave after an argument.

Instead, police said the man stabbed him in the upper body.

The man has been arrested and charged with aggravated assault. Those charges may be updated now that Sorokowski has died.

Police were unavailable to comment by press deadline. If the charges are upgraded, it will be Winnipeg's 26th homicide this year.

METRO

Bridge to be ready by next summer: City

Development. Officials say new structures will have better lighting and there will be an under-bridge art gallery



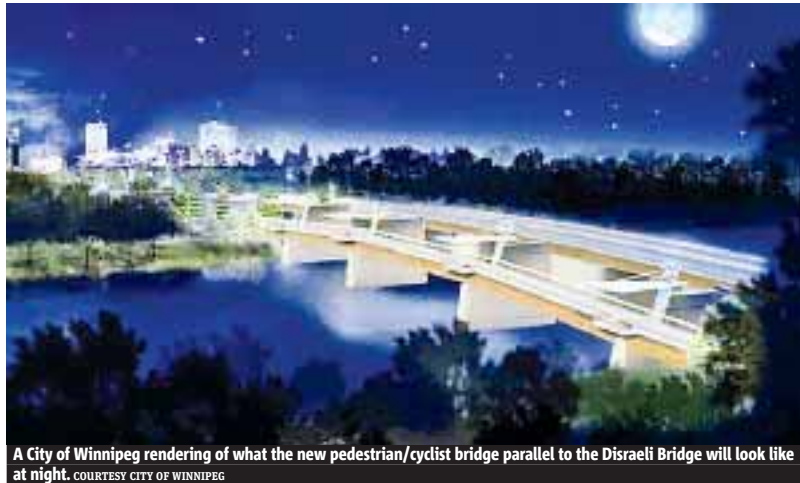
BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A new pedestrian and cyclist bridge to be built on the piers of the old Disraeli structure over the Red River should be ready by next summer, a City of Winnipeg official said.

Part of the Disraeli bridges project, this new bridge will be built once the existing top part is removed and the pillars are refurbished over the winter, said Brad Neirinck, bridge planning and operations engineer for the City of Winnipeg.

"They will be putting a new bridge over top the existing pillars," said Neirinck, adding the bridge will be lower down than the Disraeli vehicular bridge and connect Rover and Midwinter avenues.

During Friday's official



A City of Winnipeg rendering of what the new pedestrian/cyclist bridge parallel to the Disraeli Bridge will look like at night. COURTESY CITY OF WINNIPEG

opening of the Disraeli bridges project, Brad Sacher, the City of Winnipeg's director of public works, said the pedestrian/cyclist bridge is part of the active transportation plan for the area.

"That new bridge will provide an accessible, functional and esthetically-pleasing

crossing of the Red River," said Sacher.

Neirinck said the construction of a new pedestrian/cyclist bridge came out of consultations with the community and stakeholders such as cycling groups.

Over the years, many cyclists complained about the dif-

ficulty of riding over the old Disraeli Overpass and Bridge.

The City of Winnipeg said all of the new bridges will have better lighting and there will be esthetic elements such as an under-bridge art gallery.

Visit winnipeg.ca for more information on the project and a video.

Province eyes The Bay as new home for crown corp



The government's new crown corporation may one day call The Bay in downtown Winnipeg its home. BERNICE PONTANILLA/METRO

The Manitoba government confirmed they are in the "early stages" of putting together a deal that would see the newly formed Manitoba Liquor and Lotteries head offices moved to the downtown.

The deal would see the new crown corporation move into The Bay, which has told the Manitoba government it wants to give the province the building in exchange for a tax receipt, CJOB reported Monday.

Premier Greg Selinger said they are doing all they can to keep The Bay in

downtown Winnipeg, including possibly anchoring the crown corporation in the building.

The building, which is one of Winnipeg's most recognizable, is currently only about half full. It was once the flagship store of the entire Hudson Bay Company (HBC).

HBC is one of the world's oldest commercial corporations.

Originally a fur trading business, the company started in 1670 and at one point was the world's oldest landowner.

It currently operates retail stores throughout North America including the Bay, Zellers and Home Outfitters.

HBC sold 220 of its Zellers-branded stores to Target Inc. in 2011.

The Zellers in the building's basement in downtown Winnipeg is slated for closure in March.

The Bay store, once the major retail destination in downtown Winnipeg, is now only using about 250,000 sq. feet of its more than 500,000 sq. feet of available space.

ELISHA DACEY/METRO

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West End

Sexual assault suspect wanted

Police are searching for a suspect after a woman was sexually assaulted in the West End early Saturday.

Police said a 19-year-old woman was walking near Isabel Street and William Avenue around 7:30 a.m. when a man walked up and began talking with her. Police say the pair continued talking until they reached Burnell Street where the man grabbed the victim and assaulted her.

The suspect is described as aboriginal, 25-30 years old, five-foot-seven with a skinny build and dark short hair. **METRO**

Spence neighbourhood

Police catch robbery suspects

Two women have been arrested following an armed robbery at a grocery store Sunday morning.

Police were called to the store in the 500 block of Ellice Avenue around 10 a.m. after two females suspected to be armed with a knife demanded and received cash and food from an employee.

Officers found both suspects a short distance away. A 17-year-old woman and a 22-year-old woman have been charged with robbery with a weapon and various breach offences. Both have been detained. **METRO**

Centennial area

Man arrested for firearm offence

A suspect is in custody after a man pulled a gun and threatened a group of people over the weekend. Police said an armed man began arguing with a man in the first 100 block of Isabel Street around 1 a.m. Sunday. No one was injured. **METRO**



MTS will soon allow people to pay with their cellphones. SHANE GIBSON/METRO

MTS introduces phone checkout

EnStream deal. Joint venture aims to bring universal transaction service across Canada



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Technology allowing Manitobans to pay for items with their smartphones and mobile devices is coming next year, said MTS.

The telecommunications company announced on Monday that it has signed an initial agreement with EnStream to bring secure mobile payment technology.

"I think what's exciting is to be a part of an industry standard approach to it," MTS

president Kelvin Shepherd told Metro.

"People want the same capabilities, no matter what retailer or financial institution they go to."

The initial agreement gives MTS access to EnStream's Secure Element Management platform and EnStream will help facilitate the transactions at banks and other financial institutions.

EnStream is a joint venture between Bell, Telus and Rogers, aiming to provide a universal transaction service across the country.

The technology EnStream employs is called Near Field Communication (NFC). It allows a mobile device to send and receive information with another device in close proximity.

MTS customers will be able to tap their NFC-enabled

smartphone to a payment terminal without the need of a chip card.

Shepherd said there are multiple levels of credentials and encryption to provide maximum security. Even if a phone gets lost or stolen, the SIM card itself will be encrypted.

"We're never privy to the financial information itself, what we're a part of is making the transaction secure," he said.

Some phones, however, like the iPhone, do not have the NFC chip, which means they won't be able to make use of this technology.

The only way to use the technology will be to have an NFC-enabled phone on an MTS network and at a retailer with NFC support.

Shepherd said the new technology will be rolled out over the next few years.

Guilty plea. Rooming house fire killed five

A Winnipeg woman has pleaded guilty to setting a rooming house fire that killed five people.

Lulonda Flett, 41, admitted to setting the July 2011 blaze at a building in the city's Point Douglas district.

Flett was originally charged with five counts of second-degree murder, three counts of attempted murder and arson. Under an agreement with the Crown, she pleaded guilty to five counts of manslaughter and one count of arson.

Flett faces a maximum

Quoted

"It's a terrible case and my client has accepted responsibility for the role she played in it."

Darren Sawchuk, lawyer for Lulonda Flett

penalty of life in prison. She is to be sentenced March 21.

At the time of her arrest, police said Flett had been in a dispute with someone at the rooming house, had left and returned to set the fire.

THE CANADIAN PRESS

South Point Douglas. New housing for students

Aboriginal students and their families going to the Centre for Aboriginal Human Resource Development (CAHRD) in South Point Douglas have a new place to call home while they continue their studies.

Manitoba's Housing and Community Development Minister Kerri Irvin-Ross officially opened Neeginan Village's second phase — a new 15-unit housing complex — Monday afternoon.

The new townhouses, located at 145 and 147 Higgins Avenue, are a quick walk from CAHRD's campus in the for-



Housing minister Kerri Irvin-Ross
SHANE GIBSON/METRO

mer Canadian Pacific Railway Station. Each unit features three bedrooms with appliances. **SHANE GIBSON/METRO**

Helping kids be healthy inside and out

The healing power of conversation

By Rona Maynard

Ever since your child began to speak, the two of you have been talking about health. You've been a tireless advocate for broccoli, sunscreen and a good night's sleep. But chances are there's one topic that could use more attention. When it comes to mental health, a communication gap divides Canadian parents from their kids.

More than half of Canadian parents never discuss their child's mental health with anyone, according to the 2012 RBC® Children's Mental Health Parents Poll¹ — most often because they think it's not an issue. Of those who do talk about it, 51 per cent never raise the subject with their child. Yet parents overwhelmingly believe that if their child did have a problem, they'd be the first to know. They're very likely wrong.

Who would kids tell about a mental health concern? RBC asked the real experts: kids. In a companion poll of 115 children who visited the website of Kids Help Phone, a free and confidential counselling service for youth, friends topped the list of confidantes, with mom a distant second. Twenty per cent of kids would not open up to anyone.

"Kids who suffer in silence can obsess over what are often solvable problems to the point of becoming dysfunctional," says Dr. Ian Manion, adviser to the RBC Children's Mental Health Project and executive director of the Ontario Centre of Excellence for Child and Youth Mental Health.

The potential consequences range from plunging marks and broken social ties to substance abuse, self-harm and suicide.

You can do a lot to promote mental wellness in your child and to equip them with



tools for better coping. With every day-to-day conversation about feelings, you show that it's OK to talk about them. Here is Manion's advice:

- **Set a good example.** If you're feeling tired and grumpy after work, admit it. You might tell your child that you'll be ready to play after a cup of tea. "Parents sometimes think they have to be role models of mastery," says Manion. "It's equally important to be a role model of coping when things get tough."
- **Talk to your child at her level.** A three-year-old doesn't need to know that cousin Joey has Asperger's syndrome. She does need to understand that Joey can't help his puzzling behaviour. One way for parents to put it: "I'm glad you asked me about Joey. He's different from you and me because his brain works differently."

"Praise your child for bringing concerns to you."

- **Encourage openness.** Praise your child for bringing his concerns to you. Remind him that you're always ready for his questions. If you don't have the answer, the two of you can find it together.
- **Problem-solve with your child.** Suppose she's in a funk because she didn't get the part she wanted in the school play. Let her tell you how crushed she feels. Point out that while disappointment is OK, beating herself up is not. Would she like to try out for the next play? Meanwhile, how can she use her strongest skills to feel successful now — perhaps in sports or music, or in some other

contribution to her school community?

• **Watch for conversation starters.**

A TV character who's being bullied, a celebrity with an eating disorder ... daily life is full of opportunities to show that no topic is off limits, even the most challenging. If your teen mentions that a local youth has died by suicide, that's your cue to express your sorrow and concern. Has your child or anyone he knows ever felt so desperate that suicide looked like the only option? What can a young person do if those feelings return? Make sure your child understands that emotional pain can be treated, just like physical pain. And you're there to help, just as you were when he first skinned his knee.

Rona Maynard is an author, speaker, mental health advocate and former Editor of Chatelaine.

Test your mental health IQ and support Kids Help Phone

Since 2008, the RBC Children's Mental Health Project has donated more than \$16 million to more than 200 organizations across Canada. You can help us help kids. Please visit rbc.com/childrensmentalhealth and test your knowledge of children's mental health. For every completed quiz, we'll give \$2 to Kids Help Phone², a free, confidential counselling service for youth nationwide.

² To a maximum donation of \$50,000.



RBC
Children's Mental
Health Project

This is a special feature brought to you by the RBC Children's Mental Health Project. Visit rbc.com/childrensmentalhealth to view the entire series.

¹ The RBC® Children's Mental Health Parents Poll of 2,568 Canadian parents was conducted by Leger Marketing. ^{®/TM} Trademark(s) of Royal Bank of Canada

Modern warrior sought to restore native pride and culture

Russell Means. He leaves a legacy that includes raising awareness about the struggles of native peoples and creating a bigger protest movement

Russell Means spent a lifetime as a modern Native American warrior. He railed against broken treaties, fought for the return of stolen land and even took up arms against the federal government.

A one-time leader of the American Indian Movement, he called national attention to the plight of impoverished tribes and often lamented the waning of native culture. After leaving the movement in the 1980s, the handsome,

braided activist was still a cultural presence, appearing in several movies.

Means, who died Monday from throat cancer at age 72, helped lead the 1973 uprising at Wounded Knee — a bloody confrontation that raised America's awareness about the struggles of Indians and gave rise to a wider protest movement that lasted for the rest of the decade.

Before AIM, there were few national advocates for native Americans. Means was one of the first to emerge. He sought to restore aboriginals' pride in their culture and to challenge a government that had paid little attention to tribes in generations. He was also one of the first to urge sports teams to do away with native names and mascots.

THE ASSOCIATED PRESS



A display of dismay

Protesters opposed to the Northern Gateway pipeline take part in a mass sit-in in front of the British Columbia legislature in Victoria on Monday.

JONATHAN HAYWARD/THE CANADIAN PRESS

Lockout Kills Dreams

A plea to the NHL

A man in Alberta who wants to watch one last hockey game with his dying father is pleading on YouTube for an end to the NHL lockout. The video, NHL Lockout Kills Dreams, has been viewed nearly 50,000 times since it

was posted last Thursday.

John Dick planned to spend the last couple months of his dad's life watching hockey from a hospital room in Leduc, south of Edmonton. He says his dad is dying of throat cancer and the effects of medication make him forget why they can't turn on the game. THE CANADIAN PRESS

Meaty issue

Politico de-tweets

Alberta's Opposition leader, Danielle Smith of the Wildrose party, says it was a mistake for her to tweet that properly cooked tainted meat could feed the homeless.

Smith told an open-line radio show that if you can't

explain your position in 140 words on Twitter, you shouldn't try. On the weekend, Smith went on Twitter to suggest meat that had to be recalled by XL Foods in Brooks, Alta., could be cooked to destroy E. coli bacteria and then fed to "the hungry." The company will dump the meat in a landfill, and Smith now agrees that's a better option.

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Obama, Romney face off in final debate

Third round. Tied in the polls, candidates tussle over foreign affairs in last U.S. presidential debate

U.S. President Barack Obama mocked Mitt Romney while fiercely defending his own record on foreign policy on Monday in his third and final debate against his Republican rival, a showdown with sky-high stakes just two weeks until election day.

Quickly at their showdown in Boca Raton, Fla., the president pounced, noting that his rival for the White House once said Russia was America's biggest geopolitical foe, called for troops to remain in Iraq and asserted that America "should not move heaven and Earth" for one man — 9-11 mastermind Osama bin Laden.

"The 1980s are calling and asking for their foreign policy back," Obama said to Romney.

Romney scored some points,

International focus

Foreign affairs took centre stage at the final debate.

- **Romney.** He and his fellow Republicans have criticized the Obama administration's response to a September attack on the U.S. consulate in Benghazi, Libya, that killed the ambassador and three other Americans. Romney has little foreign affairs experience.
- **Obama.** Foreign policy is generally seen as Obama's strength. He gave the order leading to the killing of terrorist leader Osama bin Laden and fulfilled a promise to withdraw U.S. troops from Iraq.

saying Iran is "four years closer" to having a nuclear bomb for potential use against Israel, laying the blame on the Obama administration for being too soft. **THE ASSOCIATED PRESS**

Earthquake verdict

Expert convictions 'sad day for science'

In a verdict that sent shock waves through the scientific community, an Italian court convicted seven experts of manslaughter on Monday for failing to adequately warn residents of the risk before an earthquake struck central Italy in 2009, killing more than 300 people.

The defendants, all prominent scientists or geological and disaster experts, were

sentenced to six years in prison.

Earthquake experts worldwide decried the trial as ridiculous, contending there was no way of knowing that a flurry of tremors would lead to a deadly quake.

"It's a sad day for science," said seismologist Susan Hough, of the U.S. Geological Survey in Pasadena, Calif. "It's unsettling."

That fellow seismic experts in Italy were singled out in the case "hits you in the gut," she said.

THE ASSOCIATED PRESS

Criticism

Baird slams Iran, Syria at event

Foreign Affairs Minister John Baird abandoned host-country niceties Monday as he levelled a blistering attack against the human rights records of Iran, Syria and Uganda before some 1,400 international parliamentarians gathered for the Inter-Parliamentary Union in Quebec.

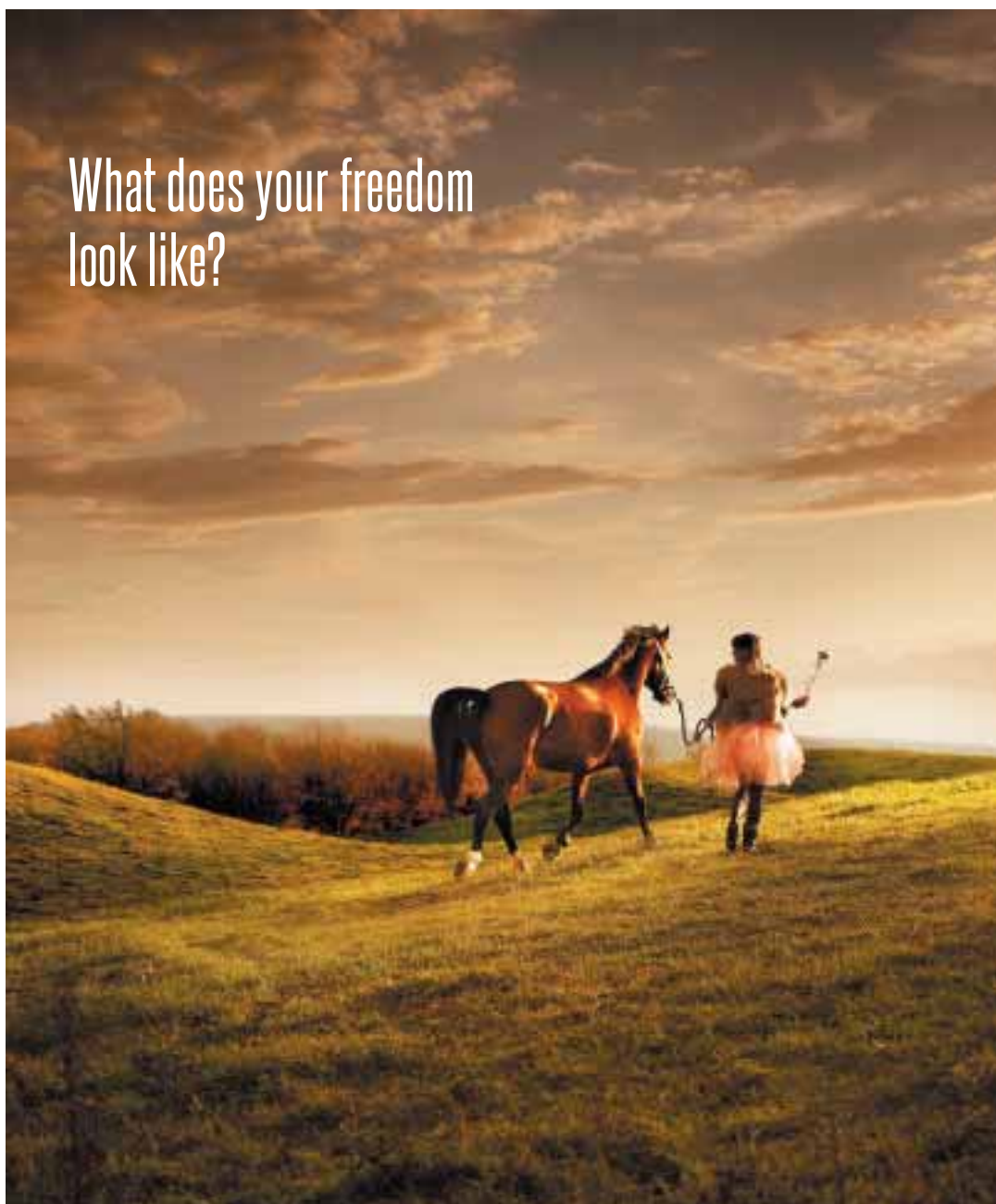
Iranian and Ugandan delegates at the IPU

assembly, including the African nation's Speaker of Parliament, protested Baird's remarks, accusing the minister of meddling in their sovereign affairs at a collegial forum.

Even though the Conservative government has cut off diplomatic relations with Iran and Syria in particular, it could do little to stop the presence of legislators from those countries at the 127th conference of the IPU, which Canada is hosting this year.

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A woman walks past a television at a restaurant in Cambridge, Mass. on Monday showing the third U.S. presidential debate between Republican presidential candidate Mitt Romney and President Barack Obama.

CHARLES KRUPA/THE ASSOCIATED PRESS

U.K. puts 3 men on trial over bomb plot

Terror cell. Suspects among group of men and one woman arrested in September 2011 in English city of Birmingham

Three young British Muslim men went on trial in London on Monday, accused of plotting to set off multiple bombs

in terrorist strikes.

Prosecutors allege the men, fired up by the sermons of a U.S.-born al-Qaida preacher, hoped to cause carnage on a mass scale. But their plot was undone by mishaps with money and logistics, and ended in a police counterterrorism swoop last year.

Prosecution lawyer Brian Altman told a jury that Irfan Khalid and Ashik Ali, both 27, and 31-year-old Irfan Naseer, were central players in a plan

Suicide attack?

"One of them was even to describe their plan as 'another 9-11.'"

Prosecution lawyer Brian Altman, accusing the three men of being key figures in a plan to detonate up to eight knapsack bombs in a suicide attack.

to mount a terrorist attack "on a scale potentially greater than the London bombings in July 2005."

Fifty-two commuters were killed when four al-Qaida-inspired suicide bombers blew themselves up on London's bus and subway network on July 7, 2005.

Altman said the trio were the senior members of a home-grown terror cell inspired by the anti-Western sermons of U.S.-born Islamist cleric Anwar al-Awlaki, who was killed in Yemen in September 2011.

THE ASSOCIATED PRESS



Three British Muslim men, from left, Irfan Naseer, Irfan Khalid and Ashik Ali, are on trial in London, accused of plotting a bombing campaign.

CONTRIBUTED WEST MIDLANDS POLICE/THE ASSOCIATED PRESS

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Gaza militants. Three killed in Israeli airstrike in response to mortar fire

Israeli aircraft struck the northern Gaza Strip on Monday, killing three Palestinian militants after mortar attacks targeted Israeli troops earlier in the day, officials said.

The Islamic militant group Hamas that rules Gaza said in a text message to reporters that one of the men was a member of its military wing. Another Palestinian group, the Popular Resistance Committees, said in an email that the second man was from its ranks. Gaza health official Ashraf al-Kidra said a third

man later died of wounds sustained in the airstrike. He did not know if he was a militant or not.

The Israeli military said aircraft attacked rocket squads following mortar fire on military patrols. Also, several rockets were fired at communities in southern Israel, causing no casualties, the army said.

Prime Minister Benjamin Netanyahu said the rocket fire from Gaza would not go unpunished.

THE ASSOCIATED PRESS



Tensions rise over killing

Antoine, top photo, kisses his son Joseph Naimeh in Beirut, Lebanon, on Monday. The six-year-old was rescued from the carnage, bottom photo, caused by a car bomb that assassinated Brig. Gen. Wissam al-Hassan on Friday in Beirut's mostly Christian neighbourhood of Achrafieh. Lebanese soldiers in armoured vehicles fanned out across the country on Monday to break down civilian roadblocks and chase gunmen off the streets as tempers flared over the killing of the top intelligence official who was a powerful opponent of Syrian involvement in Lebanon. HUSSEIN MALLA/THE ASSOCIATED PRESS

Man on a mission: On call and loving every Mars minute of it

Search for life on Mars.
Physicist's life on Earth consumed by project

AMBER
SHORTT
Metro in Toronto

The vows had been said and the pictures taken, but when it came time to crack open the kegs the best man — the person responsible for getting the beer flowing — couldn't be found.

That's because Nick Boyd, a 29-year-old physicist from Picton, Ont., had slipped away from his brother's wedding reception to attend to the one thing more demanding than a tent full of thirsty guests: The Mars rover Curiosity.

"A few people came to hurry me along," said Boyd, the operations lead for the team managing the day-to-day functions of the Alpha Particle X-Ray Spectrometer, the Canadian-built instrument on the rover. He had to build a file to send back to NASA's Jet Propulsion Laboratory in California, where he's spent the last three months working with scientists from around the world conducting experiments on Mars.

"It consumes your whole life for this early period," said Boyd, adding the mission, officially called the Mars Science Laboratory, has so far gone "amazingly smoothly."

"You'll do whatever it takes to make the mission go well."

Boyd has spent the bulk of his professional life, the last six years, as part of the University of Guelph team that developed the APXS, one of 10 instruments carried by Curiosity. It identifies the chemical composition of Martian rock and soil — information geologists are using to determine whether Mars was ever able to support life.

He said he still finds it surreal to be communicating with the machine on another planet.

"It was never a given that

Quoted

"We're taking a very, very big role in this mission ... and it's something that everyone should be able to take some pride in."

Nick Boyd, on Canada's involvement in the Mars Science Laboratory mission.

we were going to land safely," said Boyd, thinking back to the knot in his stomach on the Aug. 5 landing day. He said all he could think was "it's my career that's strapped to that car with a jet pack."

But after the landing crew "won the biggest game of their lives," Boyd only nabbed a couple hours sleep before his work began.

Since then, the tactical team has been working in two shifts on "Mars time" to ensure it gets the most out of Curiosity.

The first shift analyzes the data that comes back from the rover and creates a plan for Curiosity's next day. The second shift then takes the plan and turns it into a series of sequences that are transmitted to "drive" the rover.

"Every day is determined by the morning on Mars"

Since a Martian day is 40 minutes longer than Earth's, the team's shifts change by 40 minutes daily. Boyd likens it to being persistently jet lagged, and said he often forgets to eat and has to recalculate every day whether he'll get stuck in rush hour.

"You can tell when we're in a time period that doesn't line up with Earth," said Boyd, noting tempers at the lab get a little shorter.

However NASA has a way to make sure cooler heads prevail: A giant freezer kept full of Drumsticks and ice cream sandwiches.

"It's considered to be a very good investment in the general sanity of the team," Boyd said.



Nick Boyd stands in front of the test bed rover at NASA's Jet Propulsion Laboratory in Pasadena, Calif. The physicist with the University of Guelph has spent the last three months working with hundreds of scientists to conduct tests on Mars. CONTRIBUTED

Transition back to Earth

Starting next month, the team will continue their work from their home labs. The mission is projected to last roughly two years, but Boyd is cautious when talking about how long Curiosity will operate.

"It's not a good idea to make predictions of mission lifetime," he said, though he notes NASA's previous rovers that launched in 2003, Spirit and Opportunity, outlived their mission timelines. Spirit made it six years, and Opportunity is still going.

Mars, however, hasn't been an easy expedition. Roughly two-thirds of Mars missions since the 1960s have failed.

But whether it's another day or a decade, Boyd plans to soak

up every moment on the Red Planet.

"I tell people I'm in year five of a five-year plan," he said. "I'm definitely enjoying the fruits of my labour."

Curiosity

A ton of fun on the 4th rock from the sun

Every movement of the Mars rover could be its last, which is why each day's operation is determined by the one before it, said Boyd.

"There's no chance to fix an instrument once it's gone to Mars," he said, adding a slip in the sand could cost

an entire day. Because of that, calculations must be tested and retested on a stunt-double rover at JPL's simulated Mars field — something Boyd said is serious work, but also "like a little boy's dream play date."

"My job is a ton of fun. I get to play with a lot of great toys and work with a lot of great people," he said. Though he added it can get him into trouble when he gets so caught up with robots that he forgets to call his wife, Allison, who is back in Guelph and pregnant with the couple's first child.

AMBER SHORTT/METRO IN TORONTO

Mars. APXS big deal for Canadian science

Iain Campbell, APXS co-investigator at the University of Guelph, said the instrument has already analyzed several rocks and soil samples on Mars.

"Everyone on this mission is very, very excited," he said, noting that a less advanced version of the APXS was on the Spirit and Opportunity rovers. Those missions found evidence that Mars had once contained water and

Campbell is optimistic that Curiosity will be able to top those findings.

"Will these discoveries be the remnants of carbon-based life-forms? I don't know," he said. "But I hope it will be."

Campbell said the mission is also an important one due to the current concerns on climate change. He said Mars transitioned from being alkaline-based to more acidic billions of years ago, and scientists hope to figure out what caused that change. He said the landing site was chosen partially because it contained rocks with layering that represented both environments.

As for the next project, Campbell said the U of G team, led by principal investigator Ralf Gellert, is already working ahead on the next generation of the APXS.

"It's a big thing for Canadian science," said Campbell, noting the current \$2.5-billion mission is the largest exploration expedition in history. "If you want to play in the big leagues ... Canada is there."



Iain Campbell



NASA's Curiosity rover aimed two instruments to study a rock known as 'Jake Matijevic'. The red dots are where the Chemistry and Camera (ChemCam) instrument zapped it with its laser. The purple circles indicate where the Alpha Particle X-ray Spectrometer trained its view.

MSSS/JPL-CALTECH/NASA/AFP/GETTY IMAGES

By the numbers

567M Curiosity landed inside Mars' Gale Crater at the base of Mount Sharp on Aug. 5 after travelling 567 million kilometres.

899 Curiosity rover weighs 899 kilograms, and is powered by a multi-mission radioisotope thermoelectric generator and lithium-ion batteries.

98 The Mars Science Laboratory primary mission is projected to last 98 weeks — or one Martian year. Courtesy NASA

Developing a mobile continent

Ghana. When it comes to wireless culture, Africa is leapfrogging the West — and young techies are churning out apps to take advantage of it



ELISABETH BRAW
Metro World News in London

At Kwame Nkrumah University of Science and Technology (KNUST) in Kumasi, Ghana, women carrying baskets of food on their heads walk past students going to class. From inside a sleek campus Internet café, Godwin Amefia, 21, runs his own mobile-app company. “I realized that students weren’t told about schedule changes, so I created a mobile app for it,” he explains. His company, mNotify, now has five employees and features a range of apps for churches, schools and businesses.

Amefia belongs to mFriday,

Quoted

“Young Africans are realizing that you can have a laptop and make a lot of money. They’re well-informed and they’re aware of Africa’s problems. We say, ‘Why not create an app to solve some of those problems?’”

Bobby Okine, founder of the mFriday hub at Ghana’s Kwame Nkrumah University of Science and Technology

a technology hub at KNUST whose members get together every Friday to trade business ideas. Welcome to the Silicon Valley of Ghana. “This is part of a whole new movement in Africa,” observes founder Bobby Okine. “People want to do something that will be recognized.”

It’s obvious why young Africans see a future following in the footsteps of Bill Gates and Steve Jobs — by remaining in Africa. Seventy-three per cent of Africans now have a mobile phone, compared to just four per cent 10 years ago. The figure is expected to rise to 85 per cent by 2015, according to research firm Royce Funds. Indeed, in its mobile-phone culture Africa is

leapfrogging the West.

“Africa is the future,” says Jesse Ofori, 21, another young KNUST student with his own technology firm. “You can go to the U.K. or U.S. to start a technology company, but most things have already been done there. Here, there are more opportunities. Every last banana seller has a mobile phone, and we can capitalize on that.” Indeed, at Kumasi’s rudimentary airport, posters advertise mobile-banking services.

“Young Africans are realizing that you can have a laptop and make a lot of money,” observes Okine. “They’re well-informed and they’re aware of Africa’s problems. We say, ‘Why not create an app to



Developers work at a technology hub in Addis Ababa, Ethiopia, which has 500 members and has already spawned three companies. Glyn Riley/Metro

solve some of those problems? People want things to change, and they want to make money.”

Okine’s company, MAK-Edu Consult, has a mobile-app con-

tract with Ghana Post, while another mFriday member is developing an app that allows vehicle authorities to spot false drivers’ licenses.

Top five African apps

- **Saya:** Smartphone messaging, Facebook and chat apps for low-end devices.
- **iCow:** Alerts farmers to vital times in their cows’ gestation period. Helps farmers find the nearest vet.
- **mNotify:** Bulk SMS service for universities, companies and other organizations.
- **mPedigree:** Patients can text information about medicine they’ve been given and receive an SMS message back informing them whether the medicine is counterfeit.
- **BudgIT:** Users text the service with requests for particular data about Nigeria’s budget and receive information by SMS.



E.T. hitchhikes a ride

As PR junkies go, it’s not the most glamorous outing: A wax figure of E.T. from the 1982 Steven Spielberg film *E.T. the Extra-Terrestrial* is wheeled through central London on Friday by a Madame Tussauds employee to mark the Blu-ray edition release of the film. On Monday, Tussauds launched E.T. wax figures in London, Berlin, Amsterdam, Sydney and Hollywood. JOEL RYAN/INVISION/THE ASSOCIATED PRESS

Market Minute



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(+0.07¢)



TSX
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OIL
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GOLD
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Natural gas: \$3.452 US (-16.5¢)
Dow Jones: 13,345.89 (+2.38)

iPad mini? Canadian bloggers have the inside scoop on Apple product launches

On Tuesday, the world’s attention will turn to California, where Apple is set to make a product announcement that will undoubtedly flood Facebook and Twitter with countless posts lusting after what’s expected to be a smaller, more mobile 20-centimetre iPad.

Apple’s product launches are closely guarded secrets — but leaks are inevitable.

In the high-stakes world of Apple rumour-mongering, two Canadian bloggers have built sterling reputations for accurately revealing details about new iPhones and iPads well before the company does.

It was five months ago that Montreal-based Rene Ritchie forecast Apple would release its

new “iPad mini” this month for between \$200 to \$250. Whether he was right will soon be revealed, but past posts on his iMore.com site accurately reported details about the iPhone 4S, the iPhone 5 and the “new iPad” before Apple made its official announcements.

So what’s his secret? Ritchie says he has various sources within Apple and at other manufacturing, retail and mobile-carrier companies that feed him information from time to time.

“I’m just lucky enough that I get enough pieces that I can start to put things together,” says Ritchie, 40, who notes that he sweats every prediction he makes.

Quoted

“I’m just lucky enough that I get enough pieces that I can start to put things together.”

Rene Ritchie, Montreal-based blogger

Other elite tech bloggers have come to trust Ritchie given his spot-on coverage over the past year or so, says Jim Dalrymple, another Canadian who’s looked to for Apple scoops. Dalrymple co-runs the website The Loop out of his home office in Bedford, N.S., just outside Halifax.

THE CANADIAN PRESS

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TEN THINGS TO STOP WORRYING ABOUT RIGHT NOW



SHE SAYS...
Jessica Napier
metronews.ca

Lately, I've been thinking about how much time I waste fretting about entirely inconsequential things. We tend to allow trivial concerns — our follower count on Twitter,

looking good at the gym — to occupy our minds instead of directing our time and energy to more important pursuits. No more, dear readers, no more. If you worry about any of these things, you need to laugh at yourself immediately, then stop.

1 Who will get kicked off next week's episode of *The Bachelor Canada*. Dedicating any brain cells to worrying about reality-TV relationships is ridiculous when we all know these showmances only last about 10 minutes after the cameras stop rolling.

2 Running into someone while wearing the exact same outfit you wore yesterday. Sometimes we buy new clothes and like to wear them two days in a row and that's OK, everyone, because we all do it.

3 Purchasing embarrassing drug store items. Because at 27 years old, I shouldn't blush uncontrollably every time I need to pick up a box of tampons.

4 Your dress size. Not because having a healthy body isn't important, but because clothing manufacturers are increasingly making these numbers up and arbitrarily assigning digits for vanity (or shame) sizing purposes.

5 Being alone in a public place. Stop eyeballing your iPhone every five seconds; everyone else is far too self-involved to notice you sitting by yourself at a restaurant.

6 Whether or not the other people on the bus are judging your reading materials. Reading *50 Shades of Grey* on public transit is about as scandalous as wearing a turtle-neck while watching a PG-rated film.

7 Thinking up an original Halloween costume. It's not going to happen, no matter how unique or creative you think you are — someone else is going to do the same thing, and they're probably going to do it better than you.

8 Why your newly engaged friend didn't pick you to be a bridesmaid/groomsman. Instead of fretting about not being included, think about what you're going to do with the hundreds of dollars you'll save.

9 Whether your stuff "matches" with your other stuff. Making sure your furniture/nail polish/shoes are the correct shade of Pantone tangerine is a quintessential example of the "small stuff" you should not sweat.

10 How many calories are in this? If you have to think about it then you already know the answer is probably too many.

Follow Jessica Napier on
Twitter @MetroSheSays



Wondering what shade to choose? Here's a tip: No one actually cares. **FLICKR**

7 wins — those never happened



GETTY IMAGES

Doping

Icon loses Tour de France titles

There was an Armstrong, Neil, who walked on the moon and another, Louis, who sang sweet jazz. But Lance Armstrong, seven-time Tour de France winner?

That never happened. "He deserves to be forgotten in cycling," Pat McQuaid, president of the International Cycling Union, said Monday as he erased Armstrong's victories from the record books after his group accepted sanctions imposed by the U.S. Anti-Doping Agency.

THE ASSOCIATED PRESS

Culture of secrecy

The doping doubts were there since 1999.

- A positive urine test for banned corticosteroids at the 1999 Tour was explained away and covered up by one of Armstrong's doctors, a former team masseuse testified years later.
- A book in 2004 where the same masseuse said she gave Armstrong makeup to hide needle marks on his arm was met with writs from Armstrong's lawyers and furious denials from him.

Overcoming obstacles

Beating cancer, Tour wins inspired many

No sporting icon peddled a tale quite like this one.

The Texan from a broken home who became a world champion, then was struck down by testicular cancer that spread to his lungs and brain, but who still rolled up in 1999 at the Tour, a three-week endurance test so tough that it has defeated many men who didn't endure gut-wrenching chemotherapy and carry the scars of tumour-removing surgery.

He became the living embodiment of the idea that willpower can overcome any obstacle. **THE ASSOCIATED PRESS**

Loosen tongues

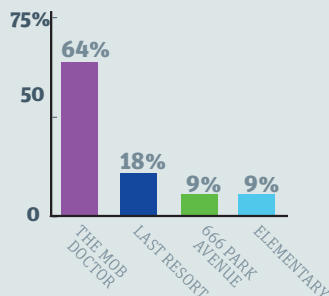
The feds "placed a gun and a badge on the table," said McQuaid, and the Great Wall of Silence crumbled.

- Former teammates explained how they used subterfuge to beat testers. Tyler Hamilton said they simply hid, not answering the door if a sample collector showed up. There was no test, and still isn't, to show that riders were re-injecting themselves with bags of their own blood. **SEE SPORTS, PAGE 21, FOR MORE COVERAGE.**



Register at metropolitanpanel.ca and take the quick poll

What new TV show should be the next to be cancelled?



Twitter

@chefpep: Dear jerk cyclist, if your fancy gear cost more than my bike, you should be able to ride on the street. #yougivecyclistsabadname

@mtrench: Winnipeg you're a sassy little number. We love your jam! Fantastic energy!

@JoshRamsay: Damn Winnipeg you guys are a rowdy bunch! That's the first time

I've had my shirt totally torn off on stage. 2nd base? Love you all.

@JessicaPittari: So I heard last night at the Winnipeg show Josh got his shirt torn off WHY WASN'T I THERE TO WITNESS THIS!!!!

@Chigokelvin: Now Winnipeg is showing its true color! What's the temperature outside again?



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DVD reviews



Magic Mike

Director. Steven Soderbergh

Stars. Channing Tatum, Alex Pettyfer, Olivia Munn

Steven Soderbergh's latest genre exercise mines Channing Tatum's real-life male-stripper memories for maximum swagger, yet this is anything but a macho version of Showgirls or Burlesque. It's a realistic portrayal of a business that sells sizzle onstage, with plain sweat backstage to make it happen. Dancing at Tampa's Xquisite nightclub has been fun and reasonably profitable for Mike, but he's smart enough to observe how it has turned out for club owner Dallas (Matthew McConaughey), who also emcees and croons, from a cool cat into a cynical caricature. Still, Mike wants an equity share in the club, a carrot Dallas dangles but never drops. A new guy, Adam (Alex Pettyfer), starts stripping at the club and begins to threaten Mike's dominance of the dance floor. Adam's a loose cannon with a propensity for self-destruction and he puts a damper on sparks that develop between his sister Brooke (new face Cody Horn, well cast) and the romance-averse Mike. The strip-show numbers in Magic Mike are more humorous than sexual, which may disappoint anyone who attends hoping to see the real "full monty" on display. That never happens — think Exotica more than Boogie Nights.

PETER HOWELL



Taylor Swift says her infectious hit *We Are Never Ever Getting Back Together* happened 'really spontaneously.' MATTY SAYLES/THE ASSOCIATED PRESS

We are never, ever getting tired of Taylor

Red. Nashville singer with strong country roots enlists the help of pop music powerhouses for her fourth album

IAN GORMELY
scene@metronews.ca

No matter how many pop hits she scores, Taylor Swift will always be a country girl.

"In my mind, I'm always going to be a country artist because that's home to me," says the 22-year-old Nashville-based singer.

"The innate writing style of country music is

what formed me as a songwriter."

Yet after penning all the tracks on her last record on her own, Swift decided to team up with a who's who of pop songwriters for her fourth album, *Red*, which hit stores today.

"I wanted to figure out a way to push myself into a different comfort zone," she says.

Along with writers like Dan Wilson, who co-wrote Adele's mega-hit *Someone Like You*, Swift enlisted the help of Max Martin, the man behind Kelly Clarkson's *Since U Been Gone*, and Britney Spears' *...Baby One More Time*.

Together with Martin's protégé, Shellback, the trio co-wrote her own cur-

rent smash, the infectious and decidedly un-country *We Are Never Ever Getting Back Together*, and, as she says, it all happened "really spontaneously."

"It's really brought something different out of this album," she says.

"I think that there are definitely influences from every genre that I'm a fan of on this record."

Both U.K. singer/songwriter Ed Sheeran and Snow Patrol's Gary Lightbody make appearances on the record, the latter of whom Swift points to as a source of inspiration for her cinematic lyrics.

"The more you let people into the details," she says, "the more people feel welcomed into those experiences."

Weird in the woods

Watching the music video for *We are Never Ever Getting Back Together*, it's hard not to notice the group of musicians dressed up as woodland creatures. Those oversized animals are actually Swift's backing band. She says the costumes were director Declan Whitebloom's idea and when she told the musicians, "they looked at me deadpan like, 'This is not happening.'" Yet while filming the single-shot clip, the band "got loopy," the results of which are on the screen. "It's the most random thing I've ever done in a video," says Swift. "It makes me laugh to this day."

Diamond Rings gets ready to shine

New album. Singer leaves his indie roots behind and embraces his inner pop star

IAN GORMELY
scene@metronews.ca

When it came time to follow up his bedroom-pop breakthrough, *Special Affections*, John O'Regan, best known to the world as Diamond Rings,

didn't bother trying to recapture the intimacy of his debut.

Instead, he opted to leave his indie roots behind and make the full transformation into a proper pop star.

"It's more about an attitude and confidence in one's self," he explains.

"Anyone who has the courage and the intestinal fortitude to put themselves out before the world in a way that's sincere and relatable, and above all else, different and unique.

As simple as embracing your inner pop diva sounds, it wasn't an easy process. "It's really hard to write and sing about things that are obvious and relatable in a way that's fresh and new," he says.

"I don't know if I did that. I did my best."

Writing for the record, *Free Dimensional*, was completed before his debut even dropped, after O'Regan was treated for Crohn's disease.

"It's a celebration of life and being alive," he says.



John O'Regan, a.k.a. Diamond Rings. SARAH DEA FOR TORSTAR NEWS SERVICE

2 SCENE

Coen brothers to make a Fargo TV show? You betcha!

Mixed reactions.

Residents divided on how a proposed FX program will impact and reflect on their North Dakota city

Ask folks in Fargo what they first thought about the 1996 movie that made their city famous and some will tell you they were not fans.

Some residents initially didn't appreciate the Coen brothers' dark humour or were offended by the extreme violence and depiction of Scandinavian culture. Not to mention those heavy accents on "you betcha" and "ya sure."

But the fame and cash it brought Fargo eventually brought the city around. Now, 16 years later, Fargo awaits the debut of a new cable television show by the same name, and many residents here are less apprehensive about how their hometown will be portrayed this time around. Just ask Kristin Rudrud.

"Anything the Coen brothers are going to be involved in is going to be brilliant," said Rudrud, 57, who played a supporting role in the movie and has a hankering to promote everything about her hometown. "And they love Fargo. They love this area. So it will be done in a very fun and loving way."

The Oscar-winning Fargo starred Frances McDormand as Marge Gunderson, a pregnant police chief who investigates a series of murders, and William H. Macy as a car salesman who hires two criminals, played by Steve Buscemi and Peter Stormare, to kidnap his wife. In one of the final scenes, Stormare feeds Buscemi's body into a wood chipper.

Though the movie's story is mostly based in Minnesota, it made Fargo a household name for many across the country — to the early dismay of some city folk who watched the premiere at the Fargo Theatre in 1996. The theatre was quiet inside and some moviegoers were offended, said Margie Bailly, who was executive director of the Fargo Theatre at the time. Some

residents even walked out.

"Those of us who were laughing were a little lonely," she said.

But locals later warmed up as the film was nominated for seven Academy Awards and Fargo started to see the benefits from all the publicity. The theatre hosted a free Oscar party with a polka band and Jell-O treats that Entertainment Weekly billed as one of the top soirees of the evening.

That event was publicized in several countries and Fargo cashed in. Donations flowed for the theatre's restoration, which dovetailed with plans to revitalize the city's downtown.

Sixteen years later, travelers looking to see the real Fargo still swing through, with many flocking to take a picture next to the iconic wood chipper, autographed on the chute by the Coen brothers and displayed at the city's main tourism centre.

"A good majority of people come in here just looking for the wood chipper," said Jayne Rieth, who works at the tourism centre. She didn't like the movie on the big screen, but

watched it at home recently so she could be better informed at work. And the tourism centre and shops around town sell plenty of wood chipper T-shirts, shot glasses, koozies, mugs and — of course — ice scrapers.

City boosters hope the TV show produced by Joel and Ethan Coen, the Minnesota-born brothers behind the popular film, will add to the notoriety. No timeline has been announced by the FX Network and John Solberg, FX's senior vice-president of public relations, did not return messages left by The Associated Press.

"I don't know how it can be a bad thing for us," said Charley Johnson, president and CEO of the city's convention and visitor's bureau. "People still talk about the movie all the time."

Larry Gauper, of Fargo, a retired health insurance executive, also thinks most people are looking forward to the TV show. "There are some people who don't like us sort of being mocked or being made fun of, but I think most people really appreciate the attention Fargo gets," Gauper said.

THE ASSOCIATED PRESS



Fargo actress Kristin Rudrud in Fargo, in 1996. THE ASSOCIATED PRESS



Taylor Swift

Pop went the couple: Styles wasn't heading in One Direction with Swift

While Taylor Swift is over the moon with current boyfriend Conor Kennedy, she reportedly suffered heartbreak at the hands of One Direction member Harry Styles just before meeting Kennedy, according to Radar Online. Apparently the pair dated briefly earlier this year but ended it when Styles was photographed locking lips with model Emma Ostilly.

"Taylor really liked Harry, and even though they weren't exclusive, he hinted at making it official with her," a source says. And while Swift was allegedly warned by her personal psychic of impending heartbreak, she was still caught off guard the morning

When Harry met Taylor

"Taylor really liked Harry, and even though they weren't exclusive, he hinted at making it official with her."

Source regarding Taylor Swift and Harry Styles' past relationship

she awoke to a barrage of text messages from Styles "begging for a chance to explain and telling her not to believe everything she reads," the source says. "She immediately googled Harry and found all the stories and pictures of him kissing Emma. She was heartbroken."



Jennifer Esposito

Gluten and intolerance: Esposito takes a jab at CBS

Blue Bloods star Jennifer Esposito is irate over producers of the hit CBS show sidelining her character due to the actress' health issues, and she's taken to Twitter to vent.

"CBS put me on unpaid leave and has blocked me from working anywhere else after my doctor said you needed a reduced schedule due to Celiac [disease]," Esposito writes. "CBS didn't listen to my doc and I collapsed on set. Which everyone saw! After a week

off, my doc said I could return to work but CBS implied that I was not truly ill and this was a scheme to get a raise! It's been almost two months without bringing me back to work and keeping me from working anywhere else! Absolutely shameful behavior."

The show's studio has responded with a statement saying that Esposito "is a wonderfully talented actress and we hope that she will be able to return at some point in the future."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Lindsay Lohan ALL PHOTOS GETTY IMAGES

Sources say attempts to save troubled star not motivated by spotlight

It looks like the folks behind the attempted intervention for Lindsay Lohan last week had good reason to be concerned about the troubled actress. Several friends of Lohan insist to Radar Online that she's partying again and out of control, and her dad, Michael Lohan, is reportedly eager to put her

under a conservatorship similar to the one Britney Spears' father used. "People who party with Lindsay have confirmed her excessive partying and getting wasted," a source says. "Even some of the people who have enabled her partying have come clean and revealed what's going on."

Costumed Katy only has eyes for John

Even though Katy Perry's birthday isn't until Thursday, she apparently couldn't wait to get the party started, throwing a lavish Halloween-themed costume birthday party at Los Angeles' Magic Castle on Friday, according to Us Weekly.

And while guests including Kristen Stewart, Neil Patrick Harris and Skrillex were in attendance, the birthday girl — dressed up as a vampire — only had eyes for John Mayer, whose elaborate zombie-



Katy Perry

hunter costume even involved a prosthetic nose and chin. "They were in their own world. She didn't even talk to her friends much," a source says. "It was just her and John. She's obsessed with him. She said hello to people but then went right back to him."

Celebrity Halloween: A how-to guide

MONICA WEYMOUTH
scene@metronews.ca

For all those hard at work on a show-stopping Halloween costume, we salute you. For all those planning to rummage through their closet at 9 p.m. on the 31st, we feel you. These celebrity-inspired costumes won't win you any contests, but they'll probably qualify you for free candy.

Tina Fey

This one's easy: Just throw on a pair of designer glasses that perfectly fit your face. Then get a blow-out that's not too fussy but adds enough volume and shine to show you care. Lose 15 pounds and wear something young but expensive. Accessorize with a great job and a ton of talent that you casually brush off. Wait a second — Tina Fey, we're on to you, girl.

Zoey Deschanel

The essentials: A vintage

a-line dress, lots of eyeliner, sexy librarian glasses, knee socks. Bonus points: An entourage of 20-something girls who resent you for reasons they can't quite explain.

Sexy Louis C.K.

Cut a deep V in an over-size black T-shirt that's faded enough to really show the grease stains. If possible, resist the urge to make jokes about having sex with dead things.

Prince Harry

Shower with things that smell rich, woody and clueless. Put on a very large, very expensive watch. And ... well, you're good to go.

Avril Lavigne and Chad Kroeger

The perfect couple's costume for 2012: Rummage through the punk store clearance rack, then roll around on the floor, making sure to soak up all that was wrong with 10 years ago. Hit on the underage cashier, douse yourself in Axe body spray and go shoot some 'edgy' engagement photos.

Twitter



@RedHourBen

Zoelander LadyGaga story is not true. Weird that OK magazine would print something untrue. Weird to read a made up story on the internet.



@Joan_Rivers

Congratulations to Adele on the birth of her 68 pound 8 ounces bouncing baby boy.



@RealVinceVaughn

my verification is pending.



@AlbertBrooks

I wish there was a debate on every night. I so love arguing.



Are you a new parent needing some sleep? There's an app for that. ISTOCK PHOTOS

Sleep-deprived new parents can finally get some shut-eye

New product. Former chart-topping musician has come up with an app that can help lull those cranky babies back to sleep

BRIGITTE NOËL
life@metronews.ca

The sallow skin, bloodshot eyes and dark circles of the living dead are a popular Halloween look for those seeking a cheap and easy costume. For the struggling parents of a newborn baby, achieving this look requires little effort. Thankfully, there just might be an app for that.

Barry Authors is a Canadian musician whose single

Online

Where can you find the app for your phone?

- **Online.** BabyDoze is available for both iPhone and Android. More details at babydoze-wombsound.com.

Authors says of his invention. "We had phenomenal results with testing."

His product's premise is simple — lulling babies to slumber using the sounds they hear before they are born.

This combination includes the thumping of a heartbeat, the whoosh of amniotic fluid and the hissing of circulating blood.

Not the stuff of Top 40 hits, but it's proved a winning formula for Authors, who created the recording during his wife's first pregnancy.

"There are lots of things that people say calm babies: noises of the sea, sounds that simulate the sound in the mother's womb," Authors says. "This doesn't simulate; this is exactly the sound that the baby hears."

No Charge reached the top of the U.K. charts in 1976.

Now he's produced what could be his greatest hit to date.

It's called BabyDoze, and it's an app that claims to give new parents what they desire the most — rest.

"Sit me down with 10 babies, and nine or 10 will go to sleep if they're crying,"

Want to prevent a cold? Avoid your T-zone

CELIA MILNE
life@metronews.ca

Ew, yuck. Everyone around you is coughing and sneezing.

You've heard all about washing your hands to prevent the flu.

Here's another simple rule: Keep fingers away from your face.

"Do not touch the T-zone — your eyes, nose and mouth," says Dr. Will Sawyer, an international infection prevention expert. "These are the only portals of entry into the human body for all respiratory illnesses such as the flu."

Kids can certainly benefit

from this advice right now, as the common cold usually reaches a zenith about four to six weeks after school starts. And adults are good at sharing germs too. On Global Handwashing Day last week, a report surfaced in the U.K. that one in 10 credit cards is as dirty as a toilet bowl.

"Only you can prevent the flu," says Sawyer. "If you never put your fingers to your hands, nose and mouth, you won't need to worry about how dirty your credit cards are; you wouldn't inoculate yourself."

Sawyer is a family physician in Cincinnati, Ohio.

He is the creator of Henry the Hand Foundation (henrythehand.com), which teaches



Kids and adults can benefit from some handwashing tips. ISTOCK PHOTOS

hand washing and disease prevention in the U.S. and Canada. "Spread the word, not the germs," is his motto.

Other flu prevention tac-

tics include getting the vaccine and practising what scientists call "social distancing," which means trying to stay at least a few feet away from sick people.

Words to live by

Here are the four principles of hand-washing awareness. Use them and be sure others around you do too.

- **Number 1.** Wash your hands when they are dirty and before eating
- **Number 2.** Do not cough into your hands.
- **Number 3.** Do not sneeze into your hands
- **Number 4.** Do not put your fingers in your eyes, nose or mouth.

Best Health

Answers to everyday questions



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Best Health magazine, on newsstands now, offers straight talk and real answers for Canadians. Here are just a few examples.

Can eating less slow down the aging process?
Yes. Significantly reducing

Need to know

"Significantly reducing calorie intake has been shown to increase lifespan."

calorie intake has been shown to increase lifespan, at least in lab animals. As for the human research, studies show that people on calorie-restricted diets have substantially lower levels of inflammatory proteins in the blood.

Are ulcers always the result of stress and spicy food?

No. In fact 80 to 90 per cent of stomach ulcers result from infections caused by bacteria called *Helicobacter pylori*.

Does "use it or lose it" really apply to brain function?

Yes. Many studies have suggested that people who regularly engage in activities that require the brain to process information are less likely to develop Alzheimer's and other neurological diseases that lead to loss of mental clarity.

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Traditional corn chowder is usually prepared with excess cream and butter. My version uses evaporated milk. You'll be surprised at how creamy and rich the soup tastes at just 211 calories and 3.7 grams of fat per serving.

Ingredients

- 2 cups corn niblets
- 1 1/2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped garlic
- 1/2 cup chopped red bell pepper
- 1 cup peeled and diced potato
- 2 1/2 cups chicken stock
- 1/2 tsp hot chili sauce
- 2 tsp all-purpose flour
- 1 cup canned evaporated milk (2%)
- pinch of salt and pepper
- 3 tbsp chopped parsley



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

1. Lightly coat nonstick skillet with cooking spray and set over medium heat. Sauté corn 8 mins., stirring often until lightly browned. Purée half of corn in food processor. Combine puréed corn with the whole corn in small bowl and set aside.
2. Add oil to large, nonstick pot and set over medium heat. Add onion and garlic and sauté 4 mins. Add red pepper and sauté another 2 mins. Add potato, stock, chili sauce and corn mixture. Bring to a boil, then reduce the heat to low and simmer, covered, for about 15 mins. or until the potato is tender.

3. Whisk flour and milk in a small bowl and gradually add to the soup. Add salt and pepper. Simmer, stirring occasionally for 3 minutes or until slightly thickened and heated through. Serve in bowls and garnish with parsley.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Smarter Snacking



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

We are a nation of snackers and it is a slippery slope.

On a recent trip to France, I noticed the utter lack of a snack.

Oh, sure, the French women have their espresso and rest at three or four in the afternoon, but it is a calorie-free respite that re-energizes.

In North America, we have confused treats and snacks. A snack is a small mouthful of food that nourishes you, on occasion, between meals.

A treat is something sweet or salty that you enjoy but you don't kid yourself that it gives you anything but empty calories (and pleasure).

If you really want to snack

well, consider these this afternoon:

- Green tea or espresso (single shot, unsweetened)
- Steamed edamame beans
- Hummus
- A handful of walnuts
- A cup of berries
- A tub of yogurt

Most foods in crinkly packages are treats. Yes, even if they say they only contain 100 calories, they are treats.

Go ahead and enjoy them, but treat them like any other guilty pleasure.

Be aware that they light up your brain but do not really feed your soul or your cells. THERESA ALBERT

IS AN AUTHOR AND NUTRITIONIST AT ROSE-DALEWELL-NESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Add flair to chicken soup with dumplings

1. In bowl, combine porcini mushrooms with 1 cup of boiling water. Set aside.

2. In a large deep pot, heat oil over medium-high. Add the mixed mushrooms and sprinkle lightly with salt. Sauté until browned, about 10 mins. Add shallots and leeks and continue to cook until softened, 8 mins.

3. Add chicken and cook until browned. Add barley, rosemary, thyme, few grinds of black pepper, broth and porcini with soaking water.

Cover and reduce heat to maintain a simmer. Simmer until the barley is tender, about 45 minutes.

4. Meanwhile, prepare dumplings. In bowl, whisk flour, sugar, baking soda, baking powder, salt, black pepper and cayenne. Stir in the Parmesan. In another bowl, whisk eggs and buttermilk, then melted butter. Gently stir liquid ingredients into dry ingredients just combined.

5. Drop dumpling mixture

by the tablespoon onto the top of the soup. Cover, bring to a boil and cook for 5 to 7 minutes.

THE ASSOCIATED PRESS

Ingredients

Soup

- 1 oz dried porcini mushrooms, chopped
- 2 tbsp vegetable or canola oil
- 1 lb mixed sliced mushrooms
- Salt
- 2 medium shallots, sliced
- 1 leek, white part only, sliced
- 1 lb boneless, skinless chicken thighs, cubed
- 1/2 cup pearled barley
- 2 tsp minced fresh rosemary
- 1 tsp minced fresh thyme
- Ground black pepper
- 6 cups chicken broth

Dumplings

- 2 1/2 cups all-purpose flour
- 2 tbsp sugar
- 1/2 tsp baking soda
- 1 1/2 tsp baking powder
- 1 tsp salt
- 1/2 tsp ground black pepper
- Pinch cayenne pepper
- 1 cup grated Parmesan
- 2 eggs
- 1 1/2 cups buttermilk
- 1/2 cup (1 stick) butter, melted



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Manitoba Seniors Music Festival

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With a Song in My Heart

- ⌚ Monday, 22 October 2012
- Ray St. Germain
- Winnipeg Male Chorus
- Assiniboia Concert Band

Bach, Broadway and Benny

- ⌚ Tuesday, 23 October 2012
- Chamber Orchestra of St. John's College
- Sweet Adelines—Assiniboine Show Chorus
- The Murray Riddell Big Band

Earlier Popular Music

- ⌚ Wednesday, 24 October 2012
- Northwinds Community Band
- New Horizons Band
- Crazy Eights Dixieland Band

Strings and Winds

- ⌚ Thursday, 25 October 2012
- Winnipeg Pops Orchestra
- Winnipeg Mandolin Orchestra
- Westwood Community Band

Anthems, Ballads and Concerti

- ⌚ Monday, 29 October 2012
- Festival Orchestra
- Frank Burke and Ron Paley
- Festival Concert Band

Celebration of Seniors

- ⌚ Tuesday, 30 October 2012
- Sisters of the Holy Rock

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10 UNIQUE CONCERTS 28 UNIQUE ARTISTS All concerts at Westminster United Church at 7:00 pm; tickets \$10, available at the door and McNally Robinson

Is yours a healthy, happy home?

Advice. Bestselling author Gretchen Rubin is back with another self-help winner. She claims you'll be happier in life if you're Happier at Home. Here's why

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

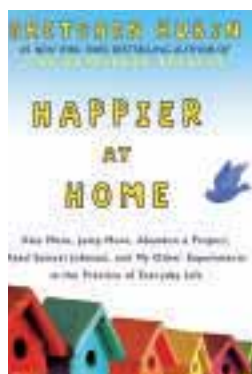
The moment Gretchen Rubin realized how many elements of a happy life focused on the home, she set about making small changes in her daily routine to help boost her overall happiness.

"If you're not happy at home, it's hard to be happy in your everyday life. Ideally, our home is a place that energizes and calms us, where we can have privacy but also engage with other people. If you're happy at home, you'll have a much stronger place from which to go out into the world," she tells Metro.

Want to be a happy? Here's what Rubin suggests you do:



Gretchen Rubin and her book (below).
Happier at Home. DAVE CROS



1. EMBRACE GOOD SMELLS:

"People that suffer from anosmia (loss of the ability to smell) often become depressed. A good smell is a quick fix. It gives you an immediate lift. It's not like eating a cookie but having to count calories or reading a book but needing time. It doesn't have a cost. Just light a scented candle or have a bowl of fresh grapefruit in the kitchen."



2. KISS & HUG: 'Act the way you wish you felt'

"People think we act because of the way we feel when really, we feel the way we act. If you act in a loving, way and kiss or hug those you love daily, you can really foster those feelings in yourself. As you're communicating these feelings to somebody else, that person will then feel more beloved. Acting this way will also help drive out



negative feelings such as anger or resentment."

3. JUMP!:

"Our home is the symbolic resting place for our body. It's the launching pad of all your routines. Your body is everything — whatever you do, your body will always be there. Any of the habits related to caring for your body, you have to figure them out from home. So exercise better and act more energetic. Do a few jumps a day. Literally. It will put a spring in your step."



4. CLEAR OUT CLUTTER:

"Living in a house where everything is falling into disorder can make you really unhappy. A crowded closet isn't a big deal, yet somehow can weigh you down. Getting control over the inflow of 'stuff' will make you feel more in control of life in general. Make



sure you only have things you need, use and love. Everything else can go."

5. READ THE MANUAL:

"Most people pull and tug at something, try to rip it open and end up getting very frustrated when they fail. But usually you'll notice there's a tab or a little thing you pull to open. This applies to anything — whether you're trying to open a tin of beans or putting together a shelf. Take a few seconds to think, 'is there a way I'm meant to do this?'"



6. TECH: 'Is a good servant and a bad master'

"Technological devices have a valuable role to play so long as they don't crowd out other things that are more important, like family. You need to create boundaries so that technology doesn't invade your life like a weed."



7. CREATE A LOVE SHRINE:

"Even if you live alone, you have relationships that are a part of you. Making a sort of shrine — which can include anything from music, travel mementos, photo albums or jewelry — that creates a specific place that is full of love. You may want to have a wall of photographs of your friends or of your family to remind you of the things and people that make you happy."



8. GO TO BED:

"Some people think they're too tired to do anything except watch TV or cruise on the Internet and dedicate a lot of time to these very low grade activities that don't boost happiness. But don't let these activities eat up a lot of your time or you'll stay up too late and wake up feeling exhausted. If you were too tired to do anything but watch TV, then go to sleep."



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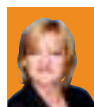
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Can you feel a chilly economic wind blowing through Canada?

Alison on money.
The IMF warns of an economic domino effect



YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week the International Monetary Fund (IMF) scolded Canada for “domestic vulnerability” with a softening housing market, a high unemployment rate of 7.3 per cent and record personal debt levels.

Economists point out that at 163 per cent of income, our debt ratio is similar to the Americans before their housing bubble burst.

The IMF shaved its 2012 growth projections for Canada from 2.1 per cent to 1.9 and two per cent next year, down from 2.2 per cent. This compares to global growth predictions of 3.3 and 3.6 per cent in 2012 and 2013.

The IMF worries that “a sharp or sustained decline in house prices could



Stashing your cash is one way to be prepared for lower economic growth. ISTOCK IMAGES

seriously set back the leveraged household sector and domestic demand.” In real speak, there’s potential for an economic domino effect.

A declining housing market puts pressure on family debt, seriously affecting what we

buy — a key driver of economic growth.

Lower growth means fewer jobs, especially in the housing sector, which is a huge job creator.

It’s not a pretty picture.

If you’re concerned that the

IMF’s fears will be born out, try this:

1. Take stock

Where are you vulnerable? Is it your mortgage or personal debt? If the government reduces borrowing by raising in-

terest rates or tightening mortgage insurance or qualification conditions, what will be most affected?

You might lock in an open variable mortgage, as some aren’t much lower than a five-year fixed term. You could also

In numbers

18%

The housing sector accounts for 18% of GDP.

pay bi-weekly or make larger payments.

Homebuyers shouldn’t purchase until a larger down payment is in hand.

2. Cut spending

You can never go wrong here.

Challenge your family to live on a teeny, tiny budget for three months. Cut back holiday plans. Defer any non-essential big-ticket items. Be vigilant about leftovers and don’t let food items become stale-dated.

3. Build up cash

Money on hand can soften a blow from the unexpected. Increase your savings by one per cent. Stash change daily. Have a late-fall garage sale or sell things on eBay. Ask for cash gifts this holiday season or gift cards for gas or groceries. Many small steps have a big financial impact.

The sky may not fall, but it doesn’t hurt to be prepared.



The case for Canadians to shop south of the border is strong these days. ISTOCK IMAGES

A frugal approach to cross-border shopping



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I travel quite a bit, both for work and pleasure. Because I like to purchase unique items that are on sale, I hunt for deals while I’m on the road and I’m never afraid to ask for a discount from the posted price.

In June 2012, Canada loosened its duty-free limits, which means in a 24-hour period, a Canadian can return with \$200 worth of goods and not pay tax, which is four times higher than previously.

In a 48-hour period or longer, the limit is \$800 — twice as high as before.

The case for Canadians to shop south of the border is even stronger when you take into account a strong Canadian dollar and a glaring price gap that simply can’t be ignored.

According to a report from BMO published this past summer, U.S. products

tend to be at least 14 per cent cheaper.

On top of this, there is greater selection of brands and attractive discounts as the U.S. economy is still struggling.

As a result, Canadians appear to be shopping in the U.S. more often.

Before you head down to the U.S. for a football game and shopping spree, consider these frugal shopping principles.

- Research where to shop (outlet malls or shopping districts), what’s on sale, and when the best time to shop is (Black Friday, Thanksgiving, Christmas, spring, summer or fall).

- Don’t buy what you don’t need and stick to a budget.

- Scour the sale racks for last year’s top sellers and items that have just gone out of season (they’re probably still ‘in’ for Canada). Buy high-quality discounted items from bulk distributors.

- Ask whether local taxes qualify for exemption.

Sometimes stores will give you tax back right at the till (common in some U.S. states) while other times you have to bring your purchases and receipts to the airport (common in Europe).

- You are legally required to declare and pay tax on your purchases that exceed the exemption limit when you cross the border. Include this in your budget.

- Lastly, determine whether the cost of your trip is worth the savings. If you spend \$700 on airfare and a hotel, is it worth saving \$200?

Keep in mind that cross-border shopping is hard on local Canadian retailers.

But, according to CBC News, Canadian retailers are responding to the increased U.S. competition by expanding their product offerings, re-evaluating prices and upgrading the curb appeal of their stores. So don’t write-off the locals.

Follow Lesley on
Twitter @LesleyScorgie





ISTOCKPHOTO/THINKSTOCK

IT'S SNIFFLE SEASON

IS IT A COLD OR A FLU? SHOULD YOU STAY AT HOME?

It's a million-dollar question: Are you so flu-ridden you can't make it into work? Or should you stay home because you can't keep that cough under control? As we embark on sickness season, here's what you need to know about handling colds and flus.

WHAT'S A COLD AND WHAT'S A FLU?

While the symptoms of cold and flu often cross

over, if a fever is involved, you probably have the flu. "With flu you'll also have significantly more tiredness, the cough is going to be more intense, and the fever and body aches are the distinguishing symptoms," says Victor Wong, a Toronto pharmacist with Shopper's Drug Mart, noting that fever in adults is a temperature of 39 C or higher. With a cold, symptoms are more likely to be along the lines of a cough, sore throat, runny or stuffy nose and some fatigue.

SHOULD YOU STAY HOME?

It depends — not only are you considering your own wellness and how productive you will actually be at work, but also the transmission factor ... how contagious are you?

TREAT THAT COLD!

So if you do have to go into work, how do you pick from pharmacy shelves thick with cold and flu medication options? Start by determining what your worst symptom is — is it your runny nose? Your bad cough? Pick a medication that primarily treats that symptom, rather than a treat-every-single-symptom-under-the-sun type of medication. "There are some medications that only help with sinuses and coughs and leave out the painkiller, and some that have a painkiller included as well," says Wong.

It's flu season...

Get the shot, not the flu!

Protect yourself. Protect your friends and family.

The annual seasonal flu shot is available to all Manitobans at no charge. It will offer protection against three seasonal flu strains.

An annual flu shot is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts.

This includes:

- seniors age 65 or older
- children age six months to five years
- those with chronic illness
- pregnant women
- residents of personal care homes or long-term care facilities
- or as determined by your primary health care provider
- health care workers and first responders
- individuals of Aboriginal ancestry
- people who are severely overweight or obese

If you are 65 or older or have a chronic illness, you should also get a pneumo shot. One pneumo shot may give you a lifetime of protection.

For more information, contact a public health nurse, doctor, pharmacist or call Health Links-Info Santé at **204-788-8200** or toll-free **1-888-315-9257**.

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Lockout

NHL on players: 'They know how to reach us'

Another day ticked by without progress in the NHL's collective bargaining talks.

The league and NHL Players' Association were each holding firm on their most recent proposals Monday and

have yet to make plans to gather for another bargaining session this week. A Thursday deadline is looming to reach an agreement and salvage an 82-game season.

"If they have a desire to meet with regard to the proposal we have on the table, they know how to reach us," deputy commissioner Bill Daly told The Canadian Press in an email.

THE CANADIAN PRESS

NBA

Foot injury keeps Kobe out of action

Kobe Bryant skipped the Los Angeles Lakers practice Monday to rest his bruised right foot.

Bryant was injured during the third quarter of the Lakers' 99-92 pre-season loss to the Sacramento Kings on Sunday. THE ASSOCIATED PRESS



Kobe Bryant, right, battles with Kings forward Thomas Robinson on Sunday in Los Angeles. THE ASSOCIATED PRESS

NFL



"You watch film and not everybody was playing hard every snap. And that's unacceptable."

Buffalo Bills defensive end Chris Kelsay on Monday after a 35-34 loss to Tennessee, saying it's time for players to start holding each other accountable.

Bombers must be both lucky, good to make playoffs

CFL. Interim coach Burke happy with offence, but hoping defence will step up as Bombers prepare to face Tiger-Cats

There is no safety net under the Winnipeg Blue Bombers as they face their final two games of the season with only one way to get into the playoffs — be very good and be very lucky.

"We have a glimmer of hope to make it to the playoffs and so that's what we're trying to do," interim head coach Tim Burke said Monday.

After stumbling badly out of the gate this season, the 5-11 Bombers find themselves in a statistical tie with the Hamilton Tiger-Cats in the CFL East.

The Bombers are ahead of the Ticats in the standings because they won both their meetings with Hamilton this year.

So far so good, but the 7-9 Edmonton Eskimos are poised to play spoiler.

The only way it works for Winnipeg is two Bomber wins and two losses from the cross-over-threatening Eskimos.

Anything else, and lockers get cleaned out.

Their first challenge is in Hamilton on Saturday, when they face the Ticats.

While their two victories over the Ticats might give Bomber fans reason to hope, their following game is at home against the East-leading Montreal Alouettes.

But even that seems doable, after Winnipeg's surprising 27-22 win over Montreal on Oct. 8.

Offensively, the Bombers have picked up the gauntlet

with the return of starting quarterback Buck Pierce from a concussion.

"I really like where our offence is right now," said Burke. "Obviously Buck being in there gets the confidence going."

He also noted the strong play the Bombers are getting from their running backs. When he's been able to play this season, Chad Simpson has been a consistent performer but the Bombers have found a hidden late-season gem in Will Ford.

"With the combination of Chad's power and Will's explosiveness along the edge, I mean those are two really good running backs," Burke said.

"I wish our defence was playing as good as them. We aren't though. We're not playing very well in man coverage and we just have to do a better job on first down than what we're doing."

Winnipeg walked out of Toronto with a 44-32 win on the weekend, although the defence gave up four touchdowns to Ricky Ray's passing attack.

Burke says he doesn't know why the defence isn't playing as well as last season.

THE CANADIAN PRESS



Blue Bombers defensive tackle Jovan Johnson, left, breaks up a pass intended for Toronto Argonauts wide receiver Maurice Mann on Friday in Toronto. Winnipeg interim head coach Tim Burke is hoping for better play from his defence. NATHAN DENETTE/THE CANADIAN PRESS FILE

Quoted

"First I ever heard anything about that was this morning when one of the coaches said I heard on the radio that they're going to offer you a contract."

Winnipeg Blue Bombers interim head coach Tim Burke on reports that he will be offered the head-coaching job on a permanent basis. Burke said he'd "love to be head coach" in Winnipeg next year, but added "nothing's been said to me by anybody."

Tour de France record book in tatters



Lance Armstrong speaks before a Livestrong charity event on Sunday in Austin, Texas. COOPER NEILL/GETTY IMAGES

Seven lines of blanks. From 1999 to 2005. There will be no Tour de France winner in the record book for those years.

Once the toast of the Champs-Élysées, Lance Armstrong was formally stripped of his seven Tour titles Monday and banned for life for doping.

As far as the Tour is concerned, his victories never happened. He was never on the top step of the podium. The winner's yellow jersey was never on his back.

The decision by the International Cycling Union marked an end to the saga that brought down the most decorated rider in Tour history.

Armstrong camp quiet

Neither Armstrong nor his representatives had any comment about Monday's decision, but the rider was defiant in August when he chose not to fight USADA in one of the agency's arbitration hearings.

- He argued the process was rigged against him.

"Lance Armstrong has no place in cycling, and he deserves to be forgotten in cycling," said Pat McQuaid, president of the

governing body. "Make no mistake, it's a catastrophe for him, and he has to face up to that."

It's also devastating for Tour de France organizers, who have to carve seven gaping holes from the honour roll of the sport's biggest event and airbrush Armstrong's image from a sun-baked podium on the Champs-Élysées.

"We wish that there is no winner for this period," Tour director Christian Prudhomme said Monday in Paris. "For us, very clearly, the titles should remain blank. Effectively, we wish for these years to remain without winners."

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

A breakthrough of some kind is likely today. It may or may not be financial in nature but it will certainly be something that makes your life simpler on a material level. You deserve it, so enjoy it.

Taurus

April 21 - May 21

You get along with most people, but you also have a tendency to take over their lives and make decisions for them. That is something you need to curtail today, both for their benefit and for your own.

Gemini

May 22 - June 21

The Sun's change of signs means you need to slow down a bit. You have started many new things in recent weeks and your main task now is to consolidate what you have gained. Don't be too greedy.

Cancer

June 22 - July 23

The Sun moves into the most dynamic area of your chart today, which means the next few weeks are going to be special. You will find that the right opportunity arrives at just the right time. The fun days are here.

Leo

July 24 - Aug. 23

It may seem to everyone else that you don't have a care in the world, but on the inside you can feel that something is missing. Start thinking of ways you can bring more meaning to your existence. It's important.

Virgo

Aug. 24 - Sept. 23

You have been avoiding a certain person because you know they are going to say things you don't want to hear. That's too bad because at some point today they will corner you and make you listen.

Libra

Sept. 24 - Oct. 23

You may be suspicious if someone offers you something for nothing today but the planets indicate you won't be cheated, so lighten up a little. Not everyone is out to deceive you, so don't deceive yourself.

Scorpio

Oct. 24 - Nov. 22

Forget about everything that has gone before and focus on all the good things that are sure to come your way over the next few weeks. The Sun in your sign makes all things possible.

Sagittarius

Nov. 23 - Dec. 21

The most important thing now is that you are totally honest with yourself. Don't try to pretend you have done well when you know it isn't true. It's not about judgment, it's about getting it right next time.

Capricorn

Dec. 22 - Jan. 20

Even if you are the kind of Capricorn who does not like joining organizations, you will find it easy to get involved over the next few days. There are people out there who share your attitudes and ambitions. Find them.

Aquarius

Jan. 21 - Feb. 19

The Sun's journey across the career angle of your chart means you should focus on your work and not worry too much about what else might be going on in your life. Put ambition first for a while.

Pisces

Feb. 20 - March 20

Now that the financial pressure is beginning to ease, you may be tempted to spend a bit more money. That's fine but don't go over the top and get yourself into debt again. Keep that belt tight just a little bit longer. **SALLY BROMPTON**

A Few Teams Are in Here

Across

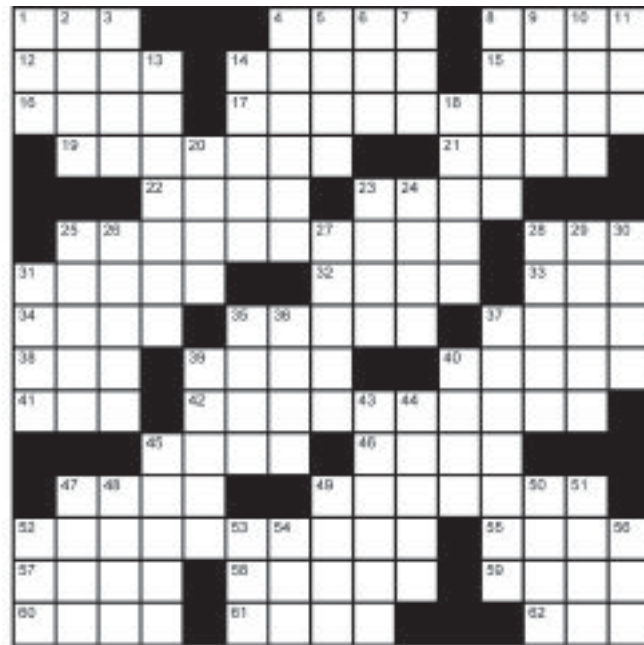
1. Cable channel that broadcast *The Sopranos*
4. "Quit it!"
8. Lubricates
12. Alero or Cutlass, in brief
14. Mother of William and Harry
15. Thought
16. Slave away
17. Put at risk
19. The Gulf Islands are in BC's Strait of ____
21. Stink
22. Ancient France
23. Animal den
25. Calgary CFL team
28. "I wandered lonely ____ cloud": start of Wordsworth's "Daffodils" (2 wds.)
31. Vancouver CFL Team
32. Like Bill Gates or Warren Buffet
33. "My gal" of song
34. Overnight stops
35. Military bigwigs
37. Boat
38. Chess or checkers pieces
39. Boast
40. MTV audience
41. Female sheep
42. BC's wooded tropical region (2 wds.)
45. Receives
46. Regrets
47. Revealed
49. Northwest ____: Canadian sea route only recently open to regular marine shipping
52. They handle our mail

(2 wds.)

55. Armed conflicts
57. Aardvark's meal
58. Buenos ____, Argentina
59. Audible exhalation
60. Summer drinks
61. Clairvoyant one
62. Foot digit

Down

1. Fresh off the grill
2. Electronic journal
3. *Garfield* comic strip dog
4. 28-Across's quotation, e.g.
5. Spanish appetizer
6. Zero, ____, two, ...
7. ____ for the course
8. Edmonton NHL team member
9. Not doing anything
10. Chive relative that's the Welsh emblem
11. Unhappy
13. Campaign poster inscriptions
14. Unearth (2 wds.)
18. From the Emerald Isle
20. Bashes into
23. What visitors to Hawaii often receive
24. Rainbow shapes
25. Muscular strength
26. 1,000 kilograms
27. Chosen at random, as one's lottery ticket
28. Barbecue residue
29. Blessed one
30. European mountains
31. Green citrus fruit



35. Spoiled kid
36. Kings: Fr.
37. Teeter-totters
39. Belief system
40. Very: Fr.
43. The longest river in BC, it has its mouth at Vancouver
44. Boots from office
45. Greenskeepers cut it
47. Toronto group that backed Bob Dylan as The

- Hawks; with "The"
48. Put chips into a poker pot prior to receiving cards
49. Skin opening
50. A horse's canter or gallop
51. Therefore
52. Rescuers of stalled cars
53. Small batteries
54. "Easy as ____!"
56. That girl

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Weather

TODAY



MAX: 11°
MIN: 4°

WEDNESDAY



MAX: 11°
MIN: 4°

THURSDAY



MAX: 8°
MIN: 2°



JENNA KHAN
WEATHER SPECIALIST

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